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NEWS WORTH SHARING.

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Natalia Godinez of the Calgary-based Viva Mexico Dance Society performs for the crowd at Olympic Plaza Sunday afternoon as part of Fiestaval, an annual, two-day celebration of Latin American culture.

ROBSON FLETCHER/METRO

Residents rally to find flood answers

Panel. Province appoints trio to seek best flood protection practices

DARREN KRAUSE
darren.krause@metronews.ca

As the province announced a new flood-mitigation panel, citizens in some of Calgary's flood-affected areas are mobilizing to advocate for the successful rebuilding of their riverfront communities.

Areas in Calgary lining the Bow and Elbow Rivers were devastated by flooding that hit a swath of southern Alberta, leaving in its path what's believed to be billions of dollars in damage.

Elbow Park resident and city Sotheby's realtor, Emma May, has spent 40 years in her community and said the recent government decision has left people in her community — and others — confused.

The province proposed new regulations for future development and mitigation on floodways and flood fringes, including rules that could have a huge impact on current Calgary homeowners.

"When the government releases something that looks like it says, 'We think you should all move,' it leaves a lot of uncertainty. People got worried," she said.

After receiving several calls and messages from others in the community, May, with help from community activist Greg Clark, began organizing an information session for people living in all of Calgary's riverfront communities. They've organized a meeting for Tuesday at the Glencoe Club and representatives from the provincial government will be in attendance, May said.

"We want the government to come up with the best solutions. We want the government to be our hero," May said.

The province's community consultation began in Calgary over the weekend, and on Sunday, Premier Alison Redford appointed three to a flood mitigation panel to explore top flood-protection measures around the world.

"We are resilient. We are tough. And we're going to be smart about rebuilding our communities, together," said Redford in a prepared statement.

Appointed to the panel are: Allan Markin, Tino DiManno and Richard Lindseth each with engineering or architecture backgrounds.

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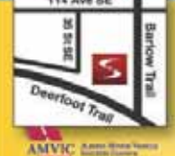

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Debate

Flood option complicates city's $52M question

The already contentious debate over what do with $52 million in "tax room" is expected to heat up further Monday as city council convenes for its first regular meeting since high water swamped Calgary in late June.

Mayor Naheed Nenshi said last week he now intends to propose putting the funds toward flood relief and projects to protect against future flooding.

Nenshi said that would be a "prudent" approach, but his colleagues around the council table have varying viewpoints.

"I think it's premature to even consider spending this money on those kinds of things without first hearing what the province has to say," Ald. Andre Chabot said Sunday, noting it's still unclear what effect the Alberta government's plan to redraw flood maps will have on Calgary.

While he believes it "wouldn't be a bad idea" to bolster flood relief and mitigation efforts, Ald. Ray Jones said that's not what the $52 million should be used for.

"It's the responsibility of the province to deal with floodplains," Jones said, adding he still believes the money should be returned directly to city taxpayers.

Ald. Gian-Carlo Carra said higher levels of government shouldn't be "let off the hook," but noted the money could go a long way in meeting the city's post-flood needs.

"There are things that need to be done and they need to be done fast," Carra said. ROBSON FLETCHER/METRO

Remember this white stuff? Before long it will be back, and so too should the city's snow-route parking ban, according to a new report. METRO FILE

Tweak, don't trash, ban on snow-route parking: Report

Policy. City now has roughly 3,500 km of snow routes but the affected roads are 'refined annually'

ROBSON FLETCHER
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Heavy snowfalls may not be top of mind at this time of year, but aldermen will nevertheless be asked this week to entrench Calgary's snow-route parking ban policy, with a few tweaks.

The trial policy should be made permanent, according to a new report from city staff that found the system meets most of its goals and motorists are becoming accustomed to the rules that take effect when a snow event is declared.

"The data indicates that the Snow Control Routes and related parking bans are working well and are generally accepted by Calgarians," the report states. "Elimination of Snow Control Routes and related parking bans is therefore not recommended."

Instead, the report recommends a few adjustments to the existing bylaw, including the creation of "Type 2" snow routes where parking is only banned from 9 p.m. to 6 a.m. during snow events.

The move would codify existing daytime exemptions granted to high-traffic business areas, and possibly allow additional areas to be granted the same exemption.

"Putting this into the policy just makes it more simplified and clearer for everybody," said Maggie Schofield, executive director of the Calgary Downtown Association, adding the daytime exemptions have been "working well" so far.

Ald. Gian-Carlo Carra said including the Type 2 routes in the new bylaw would offer another degree of stability to businesses that depend on street parking being readily available to their customers.

"Convenience parking in front of main-street businesses is a critical component of their success," he said.

Clearing times

- It took 9.7 hours on average to clear Priority 1 routes when snow events were declared in the last two seasons, versus 9.8 hours regularly.
- On Priority 2 routes, clearing took 10.3 hours when snow events were declared, versus 13.9 hours regularly.
- A total of 1,358 tickets were issued during the first enforced snow event in 2011. That dropped to 920 during the most recent snow event in 2013.

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Alex Wihak and his son, Koen, who will turn three in a few weeks, wind their way through the crowds at the Sun and Salsa Festival on Sunday. "I think Kensington's a great area," Wihak says. ROBSON FLETCHER/METRO

Sun and Salsa fest brings Calgarians to Kensington in droves

Weather co-operates. Event lives up to its name with plenty of spicy sauces and a mostly sunny day

ROBSON FLETCHER
robson.fletcher@metronews.ca

Tens of thousands of people filled the streets of Kensington on Sunday for the 20th-annual Sun and Salsa Festival.

"It's been pretty solid since about 10:30 this morning," organizer Kaya Konopnicki said of the attendance.

Exact crowd size is impossible to measure at the free outdoor festival, but Konopnicki said police estimates typically peg the number between 75,000 and 100,000.

"I'm going to guess we got about that this year," she said, as the festival wound to a close late Sunday afternoon.

"We usually come to the festival every year, so it's a bit of a habit, I guess," Calgary resident Alex Wihak said, as he carried his two-year-old son, Koen, on his shoulders through the crowd.

"My mom and my brother are in town, too, so I thought I'd show them a little bit of Calgary culture," Wihak added.

The event centres around a salsa contest, with guests invited to support local charities by buying a bag of chips and then sampling as many varieties as they can. Live entertainment runs on five stages as well, while dozens of vendors also set up booths on the streets.

"It's kind of nice to come out and see what they have to offer, and you might find a deal here or there," Wihak said. "I think Kensington's a great area."

Latin class

- New to the festival this year was an entire section of Kensington Crescent N.W. sponsored by Car2Go.
- There were games with prizes provided by the company, including discounted memberships and free rental minutes.
- Car2Go pledged to donate proceeds from all registrations for the event to the Salvation Army for flood relief in Calgary.

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Transit. Absence of info helped escalate West LRT costs, report says

Lack of information regarding budget requests for the West LRT line had a hand in ballooning costs, a new Calgary audit committee report suggests.

The nearly $1.4-billion project, approved in 2007 with a budget of $700 million, underwent a series of budget adjustments that saw costs climb.

The report, to be reviewed on Thursday by the city's audit committee, says there was insufficient information "setting out what project scope was to be achieved for the amount of money requested," and suggests council received "limited written documentation" on why the West LRT budget adjustments were required.

Ward 10 Ald. Andre Chabot said the systems in place today have evolved a great deal and that this new audit report is another step in that direction. Still, he believes his council colleagues had enough information at the time of the budget requests and instead fell victim to "nickel-and-diming" themselves.

"I don't know that council really quantified the individual costs and what it meant for the bottom line for the project," Chabot said, also noting that a $180-million carrying cost for the project was unforeseen due to delays in MSI funding from the province.

The audit report also says there was no communication to council explaining how the original $700-million figure was derived. DARREN KRAUSE/METRO

The city's audit committee will hear that a lack of information was a factor in a near doubling of costs for the West LRT. METRO FILE

River accident

Woman rescued after raft overturned

Calgary firefighters pulled a woman from the Bow River on Saturday after the raft she was on overturned.

Firefighters responded to a call on the Bow near 1 Street N.W. at about 4:15 p.m. after reports of an overturned raft. When crews arrived, they found the woman in the river, clinging to a partially submerged tree.

A rescuer, secured by a safety line, went in to retrieve the woman. Once secured, the aquatics-rescue team pulled the pair to shore. The woman, believed to be in her 20s, was assessed by EMS and released. METRO

Investigation

Body pulled from Bow River

An autopsy is scheduled for Tuesday after a man's body was discovered near the bank of the Bow River near Bowness on Saturday night. The cause of death has not been determined, police said. METRO

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Cleveland police ID suspect in murders of three women

Serial killings.
No more bodies found after day-long search of houses sparked by suspect's comments

Authorities who responded to a report of a foul odour and found the bodies of three women in a low-income U.S. neighbourhood ended a day-long search without finding others. A registered sex offender was in custody.

East Cleveland Police Chief Ralph Spotts had warned searchers to be prepared to find one or two more victims Sunday, but he declined to elaborate.

The discovery was the Cleveland area's latest high-profile case of missing women. Earlier this year, three women in an unrelated case were found and freed after being held captive in a home for years.

Spotts identified the suspect as 35-year-old Michael Madison and said he was expected to be formally charged Monday.

Mayor Gary Norton said the suspect indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of murdering 11 women and sentenced to death.

In this latest case, one body was found Friday in a garage. Two others were found Saturday — one in a backyard and the other in the basement of a vacant house. The three female bodies, all wrapped in plastic bags, were found about 200 metres apart, and authorities believed the victims were killed in the last six to 10 days.

Spotts said the suspect's comments hadn't provided clarity on whether more bodies might be found.

"He really hasn't stated that there's any more, but he hasn't said anything that would make us think that there's not," Spotts said.

THE ASSOCIATED PRESS

Copycat killer?

"He said some things that led us to believe that in some way ... Sowell might be an influence."

East Cleveland Mayor Gary Norton, on the murder suspect's possible connection to convicted Cleveland serial killer Anthony Sowell.

East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. Police Chief Ralph Spotts told volunteers he believes there could be one or two more victims. TONY DEJAK/THE ASSOCIATED PRESS

Vanishing women

A disturbing trend in a quiet city

It's the third recent high-profile case in the Cleveland area that involves missing women.

In May, three women who separately vanished a decade ago were found captive in a run-down house. Ariel Castro, a former school-bus driver, has pleaded not guilty to nearly 1,000 counts of kidnap, rape and other crimes.

In 2009, Anthony Sowell was arrested after a woman escaped from his house and said she had been raped there. Police found the mostly nude bodies of 11 women throughout the home.

Sowell's victims ranged in age from 24 to 52. All were recovering or current drug addicts, and most died of strangulation; some had been decapitated, and others were so badly decomposed that coroners couldn't say with certainty how they died.

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An employee works at the General Motors Silverado and GMC Sierra plant in Flint, Mich. CARLOS OSORIO/THE ASSOCIATED PRESS

The rise and fall of the Motor City

Detroit. Collapse of the auto industry tells only half the story

Blue-collar workers poured into the auto plants of Detroit for generations, confident that a strong work ethic would bring them economic security. It was a place where the American dream came true. But the good times would not last forever.

Detroit fell into a six-decade spiral of job losses, shrinking population and a plummeting tax base. Its singular reliance on an auto industry and its long history of racial strife proved too much to overcome.

"Detroit is an extreme case of problems that have afflicted every major old industrial city in the U.S.," said Thomas Sugrue, author of The Origins of the Urban Crisis: Race and Inequality in Postwar Detroit and a history professor at the University of Pennsylvania.

Staggering under as much as $20 billion in unpaid bills, Detroit surrendered Thursday, filing the single largest municipal bankruptcy in U.S. history.

In 1950, Detroit's population peaked at more than 1.8 million. But by that time, the auto industry had started to seek refuge from Detroit's powerful unions in other states and overseas. The job hemorrhaging continued as Japan gobbled up more of the market.

But Detroit's unravelling can't be blamed solely on the city's reliance on one industry.

"I think it was inevitable because the politicians in Detroit were always knocking the can forward, not confronting the issues, buying off public employees by increasing their pensions," said Daniel Okrent, who wrote a Time magazine story on his home city in 2009.

Racial strife also infected the city. Tens of thousands of blacks migrated to Detroit in the late 1940s and early 1950s, seeking a foothold in the middle class. And between 1945 and 1965, Sugrue says there were more than 200 racial incidents of whites attacking blacks.

The migration of blacks into Detroit was followed by an exodus of white residents.

"The racial divisions between the city and the suburbs ... (created) an us vs. them mentality," Sugrue said. "There's very little political will ... by suburbanites ... to provide financial support." THE ASSOCIATED PRESS

Forever lost

"I don't think it'll ever come back to the city it once was. The bankruptcy is not in itself a solution."

Kevin Boyle, a Detroit native and history professor at Northwestern University

After the white exodus

83%

Detroit's current population of roughly 700,000 is about 83 per cent black.

Belgium

King crowned in a nation divided

Belgians shouted "Long live the king" Sunday to welcome their new monarch to the throne.

But several legislators from northern Flanders boycotted King Philippe I's coronation, highlighting long-standing feuding between the nation's six million Dutch-speaking Flemings and 4.5 million Francophones.

THE ASSOCIATED PRESS

Economic action plan

Three out of 2,000 followed ads to website: Survey

Slick TV ads this year for the Harper government's "economic action plan" appear to be inspiring a lot of, well, inaction.

A survey of 2,003 adult Canadians completed in April identified just three people who actually visited actionplan.gc.ca, the site created to promote the brand.

THE CANADIAN PRESS

Cabinet shuffle

Aglukkaq to add eco credibility?

The Prime Minister's Office is eager to explain why Leona Aglukkaq, an Inuk from Nunavut, is now leading Environment Canada,

"The appointment of a minister ... from the North, a region susceptible to climate change, speaks volumes about our government's commitment to the environment," spokeswoman Julie Vaux wrote to The Globe and Mail.

THE CANADIAN PRESS

Two U.S. jets 'bomb' Great Barrier Reef

Aborted mission. Four practice bombs dropped away from coral to minimize possible damage, navy said. None exploded

Two American fighter jets dropped four unarmed bombs into Australia's Great Barrier Reef Marine Park last week when a training exercise went wrong, the U.S. navy said, angering environmentalists.

The two AV-8B Harrier jets launched from aircraft carrier USS Bonhomme Richard each jettisoned an inert practice bomb and an unarmed laser-guided explosive bomb into the World Heritage-listed marine park off the coast of Queensland state on Tuesday, the U.S. 7th Fleet said.

The jets had intended to drop the ordnances on the Townshend Island bombing range, but aborted the mission when controllers reported the area was not clear of hazards. The pilots conducted the emergency jettison because they were low on fuel and could not land with their bomb load, the navy said. The emergency happened during the biennial joint training exercise Talisman Saber, which brings together U.S. and Australian military personnel over three weeks.

The Great Barrier Reef, the world's largest network of coral structures, is rich in marine life and stretches more than 3,000 kilometres along Australia's northeast coast. THE ASSOCIATED PRESS

An aerial view of the Great Barrier Reef in Cairns, Australia. GETTY IMAGES FILE

Ban on veils

Paris suburbs see another night of violent protests

Some 20 cars were torched in a second night of violence in suburbs west of Paris in apparent protest over the enforcement of France's ban on Islamic face veils. The incidents overnight targeted the town of Elancourt.

The night before, about 250 people clashed with police in the nearby town of Trappes

THE ASSOCIATED PRESS

Family feud

Warring families clash, leaving 7 dead in Philippines

At least seven people are dead in the Philippines after two families locked in a longstanding feud battled each other with guns, police said.

Armed members and followers of the Macugar and Capal families confronted each other late Friday in a village of Bayang town in Lanao del Sur province.

THE ASSOCIATED PRESS

This undated aerial photo released by the Israel Antiquities Authority shows the archeological site in Khirbet Qeiyafa, west of Jerusalem.
SKYVIEW, HOEP/THE ASSOCIATED PRESS

King David's palace? Israeli archaeologists' claim draws skepticism

A team of Israeli archaeologists believes it has discovered the ruins of a palace belonging to the biblical King David, but other Israeli experts dispute the claim.

Archaeologists from Hebrew University of Jerusalem and Israel's Antiquities Authority said their find, a large fortified complex west of Jerusalem at a site called Khirbet Qeiyafa, is the first palace of the biblical king ever to be discovered.

Critics said the site could have belonged to other kingdoms of the area. The consensus among most scholars is that no definitive physical proof of the existence of King David has been found.

THE ASSOCIATED PRESS

Just visiting

Yossi Garfinkel, who led the seven-year dig with Saar Ganor of Israel's Antiquities Authority, believes King David lived permanently in Jerusalem in a yet-undiscovered site, only visiting Khirbet Qeiyafa or other palaces for short periods.

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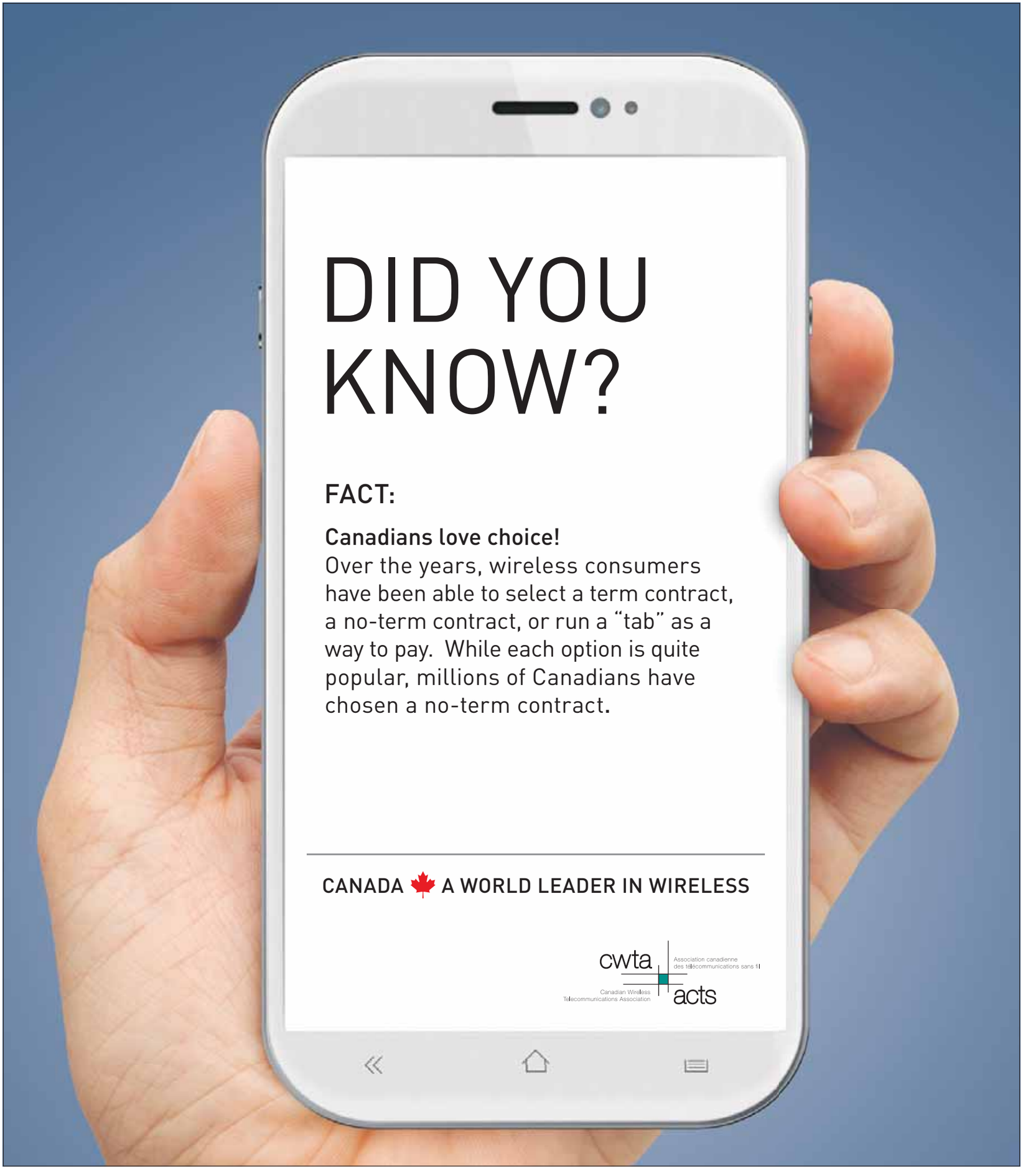
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Charge it! That could cost you

Credit cards. Decision in Visa, MasterCard complaint may mean those with 'premium' cards could pay more, be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to accept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's Commissioner of Competition filed a formal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour. THE CANADIAN PRESS

Cost of doing business

2.65%

For merchants, credit card interchange fees range from a low of 1.54 per cent for accepting a basic card to as high as 2.65 per cent for 'premium' cards that offer cardholders travel points or other incentives. Consumers could soon face retailer surcharges for using premium cards, warns the Canadian Bankers Association.

Sweet as a Georgia ... blueberry?

What is the most valuable fruit crop produced in the Peach State? While Georgia is famous as a major producer of the peach, with the image appearing on state licence plates, "Welcome to Georgia" billboards and road signs, blueberries are Georgia's most lucrative fruit crop. Blueberries generated an estimated $94 million for Georgia growers in 2012, compared to a $30 million peach crop, says the U.S. Department of Agriculture. JAIME HENRY-WHITE/THE ASSOCIATED PRESS

No need for flashcards

Speech therapy in a flash, via an app

University of Regina graduate Robert Harrison is making waves in the technology world as the brainchild behind two new apps designed to assist young students grappling with severe speech issues.

With his speech therapist wife, Harrison recently completed work on the SpeakColors and SpeechCards applications, available at the Apple App store.

"Both (apps) are designed for helping children ... particularly children with autism, Down syndrome and special needs," Harrison said. MARCO VIGLIOTTI/METRO

Halifax. Push by baristas to unionize could spread across Canada, leader says

Coffee shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said David Doorey, a professor of labour and employment law at York University in Toronto in an email.

"It is a highly competitive industry, and employers believe unionization will pose a threat to their profit margins." THE CANADIAN PRESS

Young workers uniting

"I've been taking calls from ... across the country (from those) following this trend in Halifax ... looking at it as a model for talking to young workers in other cities."

Tony Tracy, Atlantic representative for the Canadian Labour Congress

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PREVIOUS MAYOR HAD TUNNEL VISION

High Plains Drifter

James Callsen
calgary@metronews.ca

The airport tunnel cannot get done soon enough. At this stage of the game, it's not really a question of if the tunnel is actually needed, but more a question of why anyone even thought otherwise.

There are few options in the northeast that don't leave one wondering why better plans weren't made for the closure of Barlow Trail.

Last week, I was shuttling artists around for the Mad Decent Block Party that went down in Prairie Winds Park. Prairie Winds was a fun setup and to someone whose job involved steady runs to the airport and back, it seemed an ideal location. With YYC practically in view of the party it seemed like it was a hop, skip and a jump away.

However I found something out those businesses and residents in this corner of our city have known forever: Getting to the airport without a Barlow access is a pain at best and an incredible waste of time, energy and patience at the worst.

What should have been 10-minute hops from the venue and back stretched into 30- to 45-minute trips, depending on the traffic. Your choices of Deerfoot to Airport Trail seemed the best bet, until rush hour ground it to a halt.

Then the alternate route of Metis Trail to Country Hills came into play and proved to be equally as frustrating, as it slowly turns into a single lane road packed to the gills with construction traffic. Then toss in Saturday's reduction of northbound Deerfoot to one lane from 32 Avenue to Beddington Trail, and it turned into virtual gasoline on the proverbial fire.

By the end of the setup, show day and tear down, I was practically ready to tear my hair out knowing the airport was so close as the crow flies, yet so far away as the van drives. I had enough time on my hands to contemplate the controversies around the project. It's expensive: The cost for the tunnel alone is nearly $300 million, and with the additional interchange upgrades needed, that cost will balloon to over $500 million.

But the question on my mind is, "Why didn't the previous council plan for the Barlow closure years ago?"

When the slightest hiccup can put a chokehold on Deerfoot, why was a`nyone negating a second option? Planning for access around the tunnel's construction area should have been a no-brainer as soon as the Airport Authority laid out their plans. And while the current council is under fire, the previous mayor and councils seem to have set up a no-win situation for Nenshi & co.

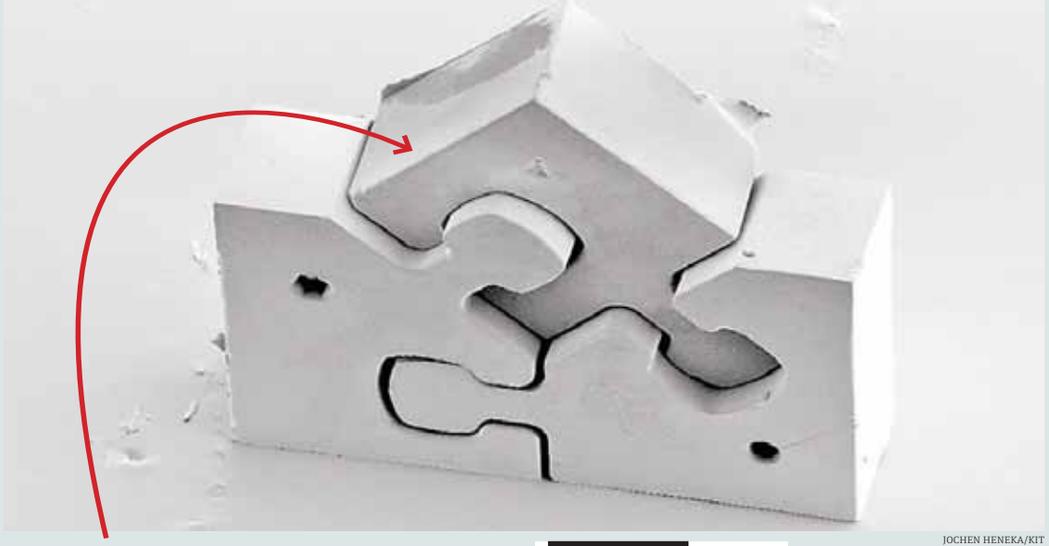
Kind of like your route to the airport, without a tunnel.

Traffic talk

But the question on my mind is why didn't the previous council plan for the Barlow closure years ago?

ZOOM

We're left puzzled by its size



JOCHEN HENEKA/KIT

Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle, with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as a half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Because it lacks a substrate layer, which would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Heneka of KIT's Institute of Microstructure Technology.

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?

Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

Pocket Hipster

Set two music snobs loose upon your music library, just not with the intention of mocking your vanilla taste. Instead, the Pocket Hipsters are interested only in turning you on to new excellent bands that you may like based on your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It might seem a little fussy, but, trust us, it works beautifully. (iOS/$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrified" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.

Snail posted to metronews.ca

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Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's Community and co-writer/co-director of the Way, Way Back, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the Community panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN

Jim Rash, centre, with EW editor-in-chief Jess Cagle and Breaking Bad creator Vince Gilligan, at San Diego Comic-Con 2013. HANDOUT

Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to Man of Steel, scheduled for release in the summer of 2015, Henry Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2. Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say

NED EHRBAR
Metro World News in Hollywood

Dane DeHaan plays Harry Osborn in The Amazing Spider-Man 2. HANDOUT

Dane DeHaan made waves with the Comic-Con crowd as an antihero in Chronicle, and now he's upping his superhero game with the Amazing Spider-Man 2, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?
I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for Spider-Man, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for Spider-Man is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?
I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once they're over I can talk about them. That's not really a problem.

For the Amazing Spider-Man 2, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?
Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about Spring Breakers?
I don't know. I think I'll let him have that one.

127 Hours?
Yeah, sure. Something like that. That would be fun.

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending The Conjuring into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with $41.5 million in domestic ticket sales, unseating the three-week champ, Despicable Me 2. The Universal film dropped to second place with $25 million. Fox's new animated offering, Turbo, opened with $21.5 million, good for third place. The Sony comedy Grown Ups 2 held onto fourth place in its second week of release, earning $20 million. Summit Entertainment's Red 2, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with $18.5 million.

THE ASSOCIATED PRESS

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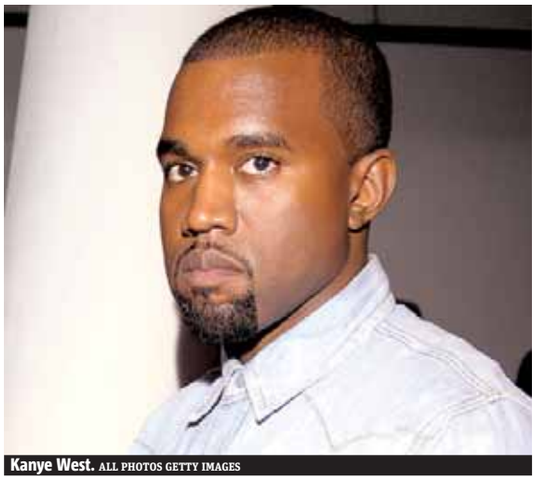

Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the "especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spit take: Justin Bieber did something awful again

STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drug-mart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

The band **Korn** is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that **Kristen Stewart** is now dating **Michael Pitt**. It sounds like the perfect match. They both enjoy music, old movies and sneering.

Lindsay Lohan will earn some $2 million for an eight-part reality series on **Oprah**'s OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For A Chance Not To Be **Lindsay Lohan**'s Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a $125 plain white T-shirt. "That's so cute. For an amateur," says **Gwyneth Paltrow** and goes back to the promotional material for her upcoming $70-tube sock collection.

Jesse Tyler Ferguson

Keeping that family modern

Modern Family star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly.

Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi, among others.

Ferguson and Mikita have been dating each other two years.

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The Power to Surprise

Mother and sun

Protect yourself from being too hot a "hot mama"

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wrestling shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropriate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."

Moms are diligent about protecting kids from the sun, but what about themselves? ISTOCK

Online

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

Study

Joanne Loewy led a study published last month in the journal Pediatrics. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago. M. SPENCER GREEN/THE ASSOCIATED PRESS

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy was even featured on a recent episode of American Idol, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore

A negative image, left, and a positive is shown. KRISTEN SUTCLIFFE/NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

1. In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour mixture onto baking sheet and allow to cool and set.

2. To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

3. Remove the paper or fabric: This is your first print.

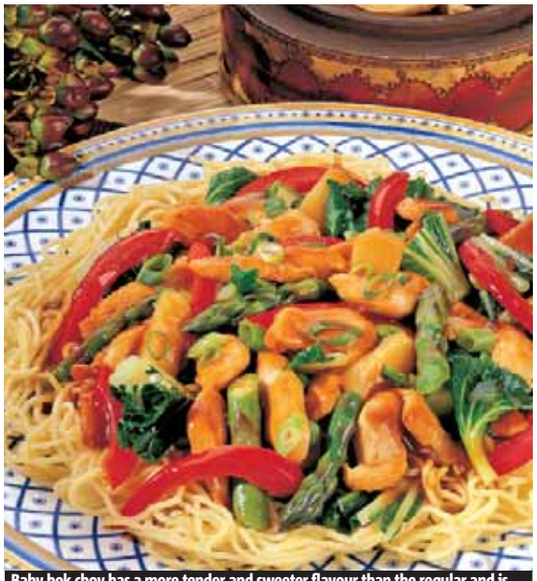
4. Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

5. Re-ink the gelatin to make additional positive and negative prints. THE ASSOCIATED PRESS

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
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rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

Ingredients

- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

1. In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.

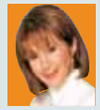
2. In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.

3. Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Healthy eating

Choose it and lose it



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Found in translation: Working your way through the world of words

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Becoming a translator takes more than a day spent with your dictionary

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CareerBear.com

While much of the translation work done in Canada is from English into French and vice versa, the field is growing. Service Canada projected that until 2018 about 30 per cent of job openings for translators will come from the expansion of languages spoken here. ISTOCK

The words "translator" and "interpreter" are often used interchangeably — but they are actually two distinct careers requiring different skill sets and training. A translator translates written materials from one language into another. An interpreter works with the spoken word.

A translator doesn't simply change one word for the same word in a different language. Translators need to have exceptional writing skills, translating the mood, style, tone and attitude of the original document so the new work doesn't sound like a translation.

What does a translator's day consist of?

For the most part, you translate written material, which can include reports, emails, web copy, advertising materials, brochures, legal and business documents, literary works, textbooks, instructional guides and technical manuals. You are also reading, writing and referencing language guides, proofreading, and communicating with clients and colleagues.

Many translators have a B.A. in translation from a university. If you want to practise under the official title of Certified Translator, you must pass an exam from a provincial brand of the Canadian Translators, Terminologies and Interpreters Council.

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Career opportunities

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- Translator for a company or non-profit organization
- Author's translator
- Government translator
- Self-employed

Face the facts

- **SALARY EXPECTATIONS:** Average salary, $50k.
- **CAREER TRACKING:** Translators may start their careers doing casual work for small companies. But as they acquire expertise and skills, they will most likely be hired as a full-time translator. Eventually they may start their own translation business.
- **SUCCESSFUL TRANSLATORS ARE:** Curious, detail oriented, self-directed, language aficionados, good researchers, specialists in specific areas of translation

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Plug it in, plug it in. A connected work den that's distraction-free

Get a head start on the school year and begin building your homework haven today. ISTOCK

Where your kids complete their schoolwork and how you design this space can play a big role in their learning and productivity. More than ever, students have extra assignments to complete at home, so it's important for families to set up a connected homework space to ensure their kids have the tools to be successful.

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime," says Stephanie Lancaster, tech advisor at Rogers.

"As with any good habit, starting early and staying consistent are key."

To help your children thrive when this school year comes around, here are some tips on creating a connected homework space:

• Set a daily time for homework. Depending on your family's schedule, the best time might be right after school or after dinner.

• Gain access to a secure Wi-Fi home network. Printing documents or saving presentations on an external drive is easier when all of your devices are connected on one network.

Come on in!

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime."

Stephanie Lancaster
Tech advisor, Rogers

Technical support services are available to help set up your Wi-Fi connection and ensure you've secured your network correctly.

• Be flexible with different work stations around the house. With connected tablets and laptops, kids can set up a homework space in any location of the house accessible to the Wi-Fi connection, making it easy to move from the kitchen to the home office.

• Complete your paperwork at the same time. Try to spend part of homework time sitting next to your child, catching up on your own paperwork so that your child feels like he has a homework buddy working along side him or her.

NEWS CANADA

Get on the brand wagon

Things just got personal. Graduating students are advised to make a move and make their mark

Today's seasoned professionals recognize the challenges they face trying to stand out in a crowd of new grads.

There are ways to market yourself in a professional and effective manner. While there is no foolproof algorithm to produce the perfect professional brand, being knowledgeable, credible, authentic and trustworthy puts you on the right track as these are all qualities of a solid, hireable professional.

Marc Quesnel, CGA, is the president of QMR Consulting and Professional Staffing, a firm in the financial and corporate management industry operating in Ottawa. With years of experience navigating the careers of financial and business professionals, Quesnel offers young professionals advice on how to create and maintain a strong professional brand that will ensure their future successes.

Be a lifelong learner

An undergraduate degree isn't necessarily the end of formal learning. For many, the next step is a professional designation. Quesnel attributes much of his success to his pursuit of a professional designation within his industry.

Learning should be a lifelong pursuit throughout your career — so start your learning plan now. What skill do you want to learn; what personality trait do you want to develop? Being conscious of opportunities for growth and development will help to keep you and your skills current. Those who subscribe to a life full of learning end up as successful CEOs, CFOs, COOs and entrepreneurs.

Start networking

Peer-to-peer networking can open up many opportunities. A professional association is a great resource for making connections, as are industry associations and service clubs. Join organizations that reflect your goals and values.

Make sure your online presence reflects your brand

Don't cripple your professional brand with an unprofessional online presence. Employers use LinkedIn, Facebook and Google, too. Post accomplishments that enhance the impression you want to leave and delete information that presents a brand that you have outgrown.

Volunteer for charitable causes

Develop your skills, broaden your perspective and advance your career while doing good.

"Your brand is ultimately your reputation," Quesnel advises. "It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Every academic and accredited professional has worked hard for their degree and/or designation.

Learn how you can do more with your career and the diverse opportunities that are available to you.

NEWS CANADA

I'll stand by you

Be consistent and trustworthy

- **Consistently reinforce your brand.** No one will believe, trust or hire someone who is inconsistent or seemingly untrustworthy.

How can you stand in a class of your own? By being authentic, being yourself and creating a brand that reflects the real you. ISTOCK

Baby remember my name

"Your brand is ultimately your reputation. It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Marc Quesnel
President of QMR Consulting and Professional Staffing

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4 SPORTS

Cycling

Froome caps dominating Tour

Chris Froome won the 100th Tour de France on Sunday, having dominated rivals over three weeks on the road and adroitly dealt with doping suspicions off it.

Froome rode into Paris in style — in the canary yellow race leader's jersey he took on Stage 8 in the Pyrenees and never relinquished, vigorously fending off rivals whose concerted challenges turned this Tour into a thriller. Froome and his Sky teammates linked arms as they rode for the line.

As per tradition and because Froome's big race lead made him untouchable, Sunday's 133-kilometre final ride was largely a leisurely affair with riders pedalling up to Froome to offer congratulations.

THE ASSOCIATED PRESS

MLB

A-Rod's return pushed back again

New York Yankees third baseman Alex Rodriguez isn't ready to rejoin the team.

The Yankees said Rodriguez has a Grade 1 strain of his left quadriceps muscle and won't be able to return this week in Texas, as had been planned. Instead, Rodriguez will remain on the disabled list and return to Tampa, Fla., "for rest and treatment," the Yankees said in a statement issued before their game against the Boston Red Sox on Sunday night.

THE ASSOCIATED PRESS

Phil Mickelson reacts after making a birdie putt to finish the final round of the British Open with a 5-under 66, Sunday, in Gullane, Scotland. The lefty won the championship by three strokes. ANDY LYONS/GETTY IMAGES

Lefty laughs last

British Open. Mickelson rallies late in final round to capture Claret Jug

Quoted

"I've always tried to go out and get it. I don't want anybody to hand it to me. I want to go out and get it. And today, I did." Phil Mickelson

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accomplishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the claret jug."

Westwood, who started the day with a two-shot lead, fell behind for the first time all day with a bogey on the par-3 13th hole and never recovered, closing with a 75.

Scott took the outright lead with a four-foot birdie on the 11th, and then made four straight bogeys starting at the 13th, and a final bogey on the 18th gave him a 72.

Woods, in his best position to win a major since the crisis in his personal life, stumbled badly on his way to a 74 and was never a serious challenger.

Tied for the lead, Mickelson smashed a 3-wood onto the green at the par-5 17th to about 25 feet for a two-putt birdie, and finished in style with a 10-foot birdie putt on the 18th to match the lowest score of this championship.

THE ASSOCIATED PRESS

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Riders run roughshod over tame Tiger-Cats

Roughriders wide receiver Rob Bagg attempts to shake a tackle by Terrance Parks on Sunday in Regina. LIAM RICHARDS/THE CANADIAN PRESS

CFL. Green machine strong on both sides of the ball leaving Tabbies with a bagel

The Roughriders' defence forced three first-half turnovers and Rob Bagg caught two touchdowns as Saskatchewan spoiled Kent Austin's return to Regina with a 37-0 win over the Hamilton Tiger-Cats on Sunday.

Saskatchewan (4-0) remained the only unbeaten team in the CFL while Hamilton (1-3) dropped into a three-way tie for last in the East Division.

Sunday's game was Hamilton head coach Austin's first in Saskatchewan since coaching the Riders to the 2007 Grey Cup.

With a north wind gusting to over 50 km/h throughout the game, Saskatchewan's defence — ranked No. 7 in total yards allowed before the game — came up with a steady stream of big plays early before Riders quarterback Darian Durant found his groove.

Geroy Simon made his Roughriders debut and kept his streak of consecutive games with a reception alive on a six-yard catch in the first quarter. He added a 32-yard grab in the third and now has catches in 174 straight games.

Durant completed 20 of 32 passes for 347 yards with four touchdowns and no interceptions. THE CANADIAN PRESS

On Sunday

Roughriders	Tiger-Cats
37	0

MLB

Rays good on aim with Jays, dustpan

Luke Scott and Kelly Johnson hit back-to-back home runs Sunday as the Tampa Bay Rays again used the long ball to complete a three-game sweep of the Toronto Blue Jays with a 4-3 victory.

Evan Longoria also went deep for the Rays (58-41), who hit seven home runs in the weekend series.

Toronto scored two in the ninth to cut Tampa Bay's lead to one when Jose Reyes doubled home Josh Thole and Brett Lawrie, but Rays closer Fernando Rodney struck out Jose Bautista and got a ground balls from Edwin Encarnacion and Melky Cabrera to pick up his 24th save.

Rays starter Chris Archer (5-3) had a stellar outing for Tampa Bay, giving up one run on five hits over seven innings. The 23-year-old right-hander also walked four and struck out one batter for the Rays, who have now won five straight games, 13 of their last 14 and 17 of 19 to climb into second place in the AL East. R.A. Dickey (8-11) gave up four runs on seven hits while striking out eight over six innings of work for the Blue Jays (45-52), whose losing streak now sits at four games. THE CANADIAN PRESS

Luke Scott of the Rays beats the tag of the Jays' Jose Reyes to steal second base on Sunday in Toronto. The Rays won 4-3. TOM SZCZERBOWSKI/GETTY IMAGES

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	59	40	.596	—
Tampa Bay	58	41	.586	1
Baltimore	56	43	.566	3
New York	52	45	.536	6
Toronto	45	52	.464	13

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	53	44	.546	—
Cleveland	52	46	.531	1½
Kansas City	45	50	.474	7
Minnesota	41	54	.432	11
Chicago	39	56	.411	13

WEST DIVISION

	W	L	Pct	GB
Oakland	57	41	.582	—
Texas	54	44	.551	3
Los Angeles	46	50	.479	10
Seattle	46	52	.469	11
Houston	33	64	.340	23½

Sunday's results
Tampa Bay 4 Toronto 3
Chicago White Sox 3 Atlanta 1
Cleveland 7 Minnesota 1
Detroit 4 Kansas City 1
Seattle 12 Houston 5
Oakland 6 L.A. Angels 0
Baltimore 4 Texas 2
N.Y. Yankees at Boston
Saturday's results
Tampa Bay 4 Toronto 3
Chicago White Sox 10 Atlanta 6
N.Y. Yankees 5 Boston 2
Minnesota 3 Cleveland 2
Kansas City 6 Detroit 5
Seattle 4 Houston 2
Baltimore 7 Texas 4
L.A. Angels 2 Oakland 0
Monday's games — All times Eastern
N.Y. Yankees (Nova 4-2) at Texas (Darvish 8-4), 7:05 p.m.
L.A. Dodgers (Ryu 7-3) at Toronto (Johnson 1-5), 7:07 p.m.
Tampa Bay (Moore 13-3) at Boston (Workman 0-0), 7:10 p.m.
Baltimore (Feldman 1-1) at Kansas City (Davis 4-8), 8:10 p.m.
Detroit (Scherzer 13-1) at Chicago White Sox (Sale 6-8), 8:10 p.m.
Oakland (Milone 8-8) at Houston (Keuchel 4-5), 8:10 p.m.
Minnesota (Deduno 5-4) at L.A. Angels (Blanton 2-12), 10:05 p.m.
Cleveland (Jimenez 7-4) at Seattle (Harang 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	55	43	.561	—
Philadelphia	49	50	.495	6½
Washington	48	50	.490	7
New York	43	51	.457	10
Miami	35	61	.365	19

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	59	37	.615	—
Pittsburgh	57	39	.594	2
Cincinnati	55	43	.561	5
Chicago	43	53	.448	16
Milwaukee	41	56	.423	18½

WEST DIVISION

	W	L	Pct	GB
Arizona	51	47	.520	—
Los Angeles	50	47	.515	½
Colorado	48	51	.485	3½
San Francisco	45	52	.464	5½
San Diego	43	56	.434	8½

Sunday's results
Pittsburgh 3 Cincinnati 2
N.Y. Mets 5 Philadelphia 0
L.A. Dodgers 9 Washington 2
Milwaukee 1 Miami 0 (13 inn.)
St. Louis 3 San Diego 2
Arizona 3 San Francisco 1
Colorado 4 Chicago Cubs 3
Saturday's results
N.Y. Mets 5 Philadelphia 4
Cincinnati 5 Pittsburgh 4
L.A. Dodgers 3 Washington 1 (10 inn.)
Milwaukee 6 Miami 0
San Diego 5 St. Louis 3
Colorado 9 Chicago Cubs 3
San Francisco 4 Arizona 3
Monday's games — All times Eastern
Pittsburgh (Morton 1-2) at Washington (Haren 4-10), 7:05 p.m.
Atlanta (Teheran 7-5) at N.Y. Mets (Gee 7-7), 7:10 p.m.
San Diego (Cashner 5-5) at Milwaukee (Gorzelanny 1-3), 8:10 p.m.
Miami (Koehler 1-5) at Colorado (Pomeranz 0-3), 8:40 p.m.
Chicago Cubs (Garza 6-1) at Arizona (Skaggs 2-1), 9:40 p.m.
Cincinnati (Arroyo 8-7) at San Francisco (Lincecum 5-9), 10:15 p.m.

CFL

WEEK 4

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	4	2	2	0	118	116	4
Montreal	4	1	3	0	90	112	2
Hamilton	4	1	3	0	79	126	2
Winnipeg	4	1	3	0	91	109	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	4	4	0	0	151	67	8
Calgary	4	3	1	0	125	109	6
B.C.	4	3	1	0	104	84	6
Edmonton	4	1	3	0	72	107	2

Sunday's result
Saskatchewan 37 Hamilton 0
Saturday's results
Calgary 38 Montreal 27
B.C. 31 Edmonton 21
Thursday's game— All Times Eastern
Edmonton at Montreal, 7:30 p.m.
Friday's game
Calgary at Winnipeg, 8 p.m.
Saturday's game
Saskatchewan at Hamilton, 7:30 p.m.

GOLF

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Fourth round — Par 71

Phil Mickelson, $1,442,826	69-74-72-66—281
Henrik Stenson, $832,106	70-70-74-70—284
Adam Scott, $428,776	71-72-70-72—285
Ian Poulter, $428,776	72-71-75-67—285
Lee Westwood, $428,776	72-68-70-75—285
Hideki Matsuyama, $249,377	71-73-72-70—286
Zach Johnson, $249,377	66-75-73-72—286
Tiger Woods, $249,377	69-71-72-74—286
Hunter Mahan, $175,582	72-72-68-75—287
Francesco Molinari, $175,582	69-74-72-72—287
Brandt Snedeker, $142,756	68-79-69-72—288
Angel Cabrera, $142,756	69-72-73-74—288
Miguel Angel Jimenez, $121,381	68-71-77-73—289
Justin Leonard, $121,381	74-70-74-71—289
Eduardo De La Riva, $95,043	73-73-75-69—290
Charl Schwartzel, $95,043	75-68-76-71—290
Danny Willett, $95,043	75-72-72-71—290
Harris English, $95,043	74-71-75-70—290
Matt Kuchar, $95,043	74-73-72-71—290
Keegan Bradley, $95,043	75-74-70-71—290
Also:	
Graham DeLaet, $16,795	**76-72-76-79—303**

Horoscopes

♈ Aries
March 21 - April 20
The more people you meet in the world at large this week the better your chances of success will be.

♉ Taurus
April 21 - May 21
Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

♊ Gemini
May 22 - June 21
You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

♋ Cancer
June 22 - July 23
You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

♌ Leo
July 24 - Aug. 23
You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

♍ Virgo
Aug. 24 - Sept. 23
Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

♎ Libra
Sept. 24 - Oct. 23
Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

♐ Sagittarius
Nov. 23 - Dec. 21
Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

♑ Capricorn
Dec. 22 - Jan. 20
You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

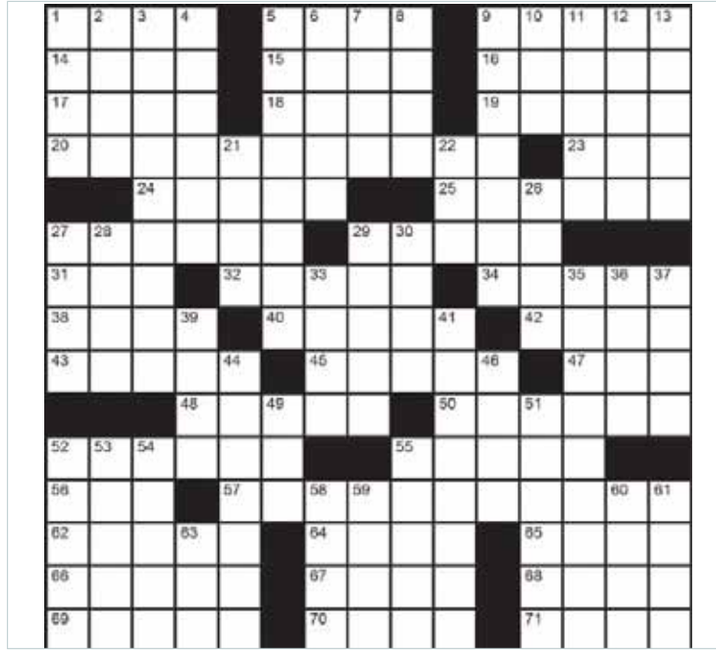
♓ Pisces
Feb. 20 - March 20
You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



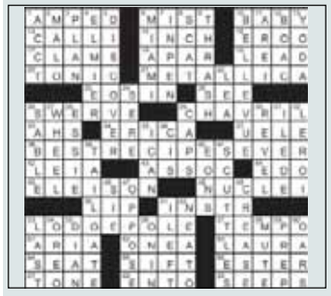
Across

1. Family members, for short
5. Men's cologne brand
9. Rideau __
14. Miss
15. Taken-back vehicle
16. Psychedelic psychologist Timothy
17. Roman love god
18. Capital of Samoa
19. "It's _ __!" (There's meaning)
20. 1986 Bangles hit: 2 wds.
23. Maria Trapp connector
24. Go with the flow
25. Pressure
27. Mr. De Niro
29. Lake __ (American resort)
31. Mr. Philips of stand-up
32. Cherished
34. Janet Jackson hit
38. Irish songstress
40. Google mobile device brand
42. Cookies company
43. Whitney Houston's "__ We Almost Have It All"
45. Illegally lift
47. PBS funding org.
48. Garbs for bagpipers
50. Heavy or sluggish
52. __ Beach, ON
55. Flavourless
56. Classic TV Cousin
57. Manitoba community originally an HBC trading post: 2 wds.
62. Haida __ (Archipelago off BC's coast)
64. "Downton Abbey" role
65. Barge __ __ (Intrude)
66. Undergarments brand
67. Elvis Presley link, variantly
68. Tidy
69. Stuff for Oscar's can
70. Actress, Sherilyn __
71. Cook's li'l quantities

Down

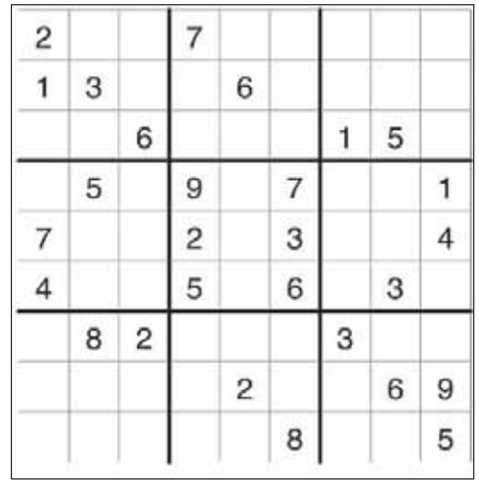
1. Wander
2. Ex-Spice Girl Ms. Bunton
3. Canada's 'First Lady of the Guitar': 2 wds.
4. Footstep
5. 'Flower City' in the Greater Toronto Area
6. Get the plant a new container
7. __ the air (Undecided): 2 wds.
8. It's an amphibian
9. Canadian Music Hall of Famer, David __-Thomas
10. Bronze Roman money
11. Gullible
12. T.O. players
13. Ms. Redgrave's
21. Poet Mr. Sandburg
22. Hair hue, __ blonde
26. Try for a role
27. Oliver of "Oliver!" (1968)
28. Dodge car of yore
29. Communicates via smartphone
30. _ __ (Together, in music)
33. Suit garment
35. SK's Athabasca __ __ Provincial Park
36. Oxygen-giver
37. Bring forth a lamb
39. "Diana" singer Paul
41. Salvation Army, colloquially: 2 wds.
44. Community on PEI's northwestern tip
46. Donnie Iris song: "Ah! __!"
49. Philosopher, __-tzu
51. Sprinkle with holy oil
52. English Channel sight, Isle of __
53. Battling: 2 wds.
54. Ms. Katic, Hamilton-born actress
55. Tycoon
58. Mil. fliers
59. Had on
60. Sudsy stuff
61. Tree-like Tolkien creatures
63. Y-ending word's plural suffix

Friday's Crossword



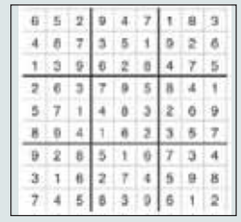
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



2			7					
1	3			6				
		6				1	5	
	5		9		7			1
7			2		3			4
4			5		6		3	
	8	2				3		
				2			6	9
					8			5

Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 24° MIN: 14°	MAX: 20° MIN: 8°	MAX: 21° MIN: 17°

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